

HB

the hoofbeat

Dec.
2018

J.W. Mitchell High School
2323 Little Road
New Port Richey, FL 34655
Issue 3 Volume 17

**On December 6,
Alexandra Jason ('20)
attended the National
Honor Society movie night
and watched "How the
Grinch Stole Christmas."**

Photo by Bailey Illig



HB

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(pg.3) Photo by Emma Diehl

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(pg.8) Photo by Bailey Illig



(pg.8) Photo provided by Gaylord Palms Facebook



(pg.7) Photo provided by Monica Sosnowski



(pg.3) Photo by Jonah Freeman

HB Editorial Policy

Published six times a school year, the student newspaper of J.W. Mitchell High School is a public forum with its student editorial board making all the decisions concerning its contents. Unsigned editorials express the views of the majority of the editorial board.

Letters to the editor are welcomed and will be published as space allows. Letters must be signed, although the staff may withhold the name upon request. The paper reserves the right to edit letters for grammar and clarity, and all letters are subject to laws governing obscenity, libel, privacy and disruption of the school process, as are all contents of the paper.

Opinions of letters are not necessarily those of the staff nor should any opinion expressed in a public forum be construed as the opinion or policy of the school administration, unless attributed.

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Editors

Morgan Fliss
editor-in-chief

Hayley Fliss
lifestyles editor

Avery Philion
news editor

Richard Daley
sports editor

Bailey Illig
ent./opin. editor

Emma Rogers
business manager

Staff Reporters

Ruhan Alam

Emma Diehl

Valerie Farrar

Jonah Freeman

Grace Glover

Rylee Kaiser

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Signing for an athletic scholarship is a big day for students and the ceremony for these events have changed this year



Steal the light with gift ideas so bright

Blow away this Christmas season with family, by enjoying wonderful and cheap gift ideas brought to you by your local stores

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Target

Chocolate Ball

\$5.00
Target



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Walmart

Face Masks

2 for \$5.00
Walmart



Make a difference, be a helping hand

Students do good for the community by volunteering at places around the holidays, for example, at Metropolitan Ministries

GRACIE GLOVER
STAFF REPORTER

Volunteering teaches skills like compassion, kindness, selflessness and understanding. Working with families who have gone through events that they might not have allows new knowledge and experience for the volunteers.

Yearly, Interact collects perishable items and members of the club sort the collected cans into 11 baskets containing food that will make a Thanksgiving dinner and dessert for families, who then come to the school to

pick them up.

"Students can bring [donations] to wherever the drop off station may be. Just ask one of the Key Club officers and they can tell you where to put the food," Megan Maxton ('21) said.

The holiday season consists of giving and receiving. Riley Curie ('21) volunteers at Trinity Oaks Elementary School with special needs children. She helps the students with classwork and festive crafts.

"I like volunteering because I enjoy helping and making other people happy especially children. I want to make a difference in my

community and other people's lives.," Curie said.

Metropolitan Ministries, a nonprofit housing center for those in need, runs a holiday "tent" where students help employees and the people of the community. Metropolitan Ministries sets up the tent so people can "buy" holiday food in a makeshift store with association provided coupons. Stacy Wyman, Volunteer Coordinator for Pasco County campuses and tents, looks forward to the holiday season because of all the new volunteers and families involved.

"Students can volunteer in

our Resource Center which has a pantry and a clothing department, and in the kitchen of the 24 families that live with us in transition. During the Holiday season, we have Distribution days starting 11/15 and running all the way until 12/24 where the students can volunteer in different areas of the Holiday Center ie: hospitality area, kids care area, parking and cart pulling, handing out turkeys/ham and so much more,"

Wyman said.

This time of the year lifts the spirits of people, whether the people helping or being helped.

Volunteering Opportunities at Metropolitan Ministries:

- Go to metromin.org
- Click on How You Can Help
- Click on Volunteer
- Click on Individual or Group
- Choose location closest to you
- Shifts and dates will appear on the calendar in which you can volunteer
- Click a date and time for more specifics
- For more information call Metropolitan Ministries (727) 756-1954

Study up! Testing season begins now

As dates for the SAT and ACT testing days approach it is important to understand the prices, times, and other information

MADLINE SMYTH
STAFF REPORTER

This winter marks the beginning of the ACT/SAT season, with students preparing to take these tests for college qualifications. Here are some tips and tricks on how to ace these tests.

Figure out what your desired colleges are looking for and make sure you are taking the test they prefer. It is always a good idea to take both if you are unsure. Prepare by studying and comprehending specific test standards.

"I have a note on my phone where I put all the SAT and ACT scores that usually you have to

get into certain colleges," said Jaida Hall ('20), a student taking the SAT for the first time on Saturday, December 1.

The SAT has a total of 154 questions, with three hours and 50 minutes to complete it, while the ACT has 215 questions and three hours and 35 minutes to finish. Both tests include an optional essay, but eliminating this subtracts time and money from the process. The SAT provides 50 minutes for the essay, and the ACT provides 40 minutes. Both tests contain algebra, geometry and trigonometry, with neither penalizing for incorrect answers. Only the correct answers are

counted. The SAT totals to \$60 with the essay, and \$46 without,

while the ACT costs \$62.50 with, and \$36 without, although you may have either fee waived. For more information about pricing, contact the college board at www.collegeboard.org. For additional information on the tests, you can visit www.SAT.org and www.ACT.org.

Different review books out there can be purchased to

study as well. The Princeton Review is highly renowned, but most study guides come with mock tests and information to study that you will be tested on. They are considered helpful, and any student testing

should look into these valuable assets. Computer programs such as Khan academy include free practice tests and study guides

as well. www.academy.act.org and www.khanacademy.org/test-prep/sat are very beneficial, and you can talk to your school guidance counselor for more options.

"What I did was use Khan Academy as an SAT review, and it helped me a lot and I got a pretty good score," said Reighan Ussery ('20), a veteran of the SAT with advice to offer.

Studying is a vital part of acing the test, but burning yourself out with over-studying beforehand can result in poor scores. Make sure to get rest and take multiple breaks when studying. Relieving stress with friends can result in higher scores!





Just 20 minutes to make a difference

Numerous studies have been conducted to show that nap pods are high beneficial to the learning and education of students

EMMA ROGERS
BUSINESS MANAGER

School is a constant, expectation of assignments, routine of the classroom, and high workload demand. Students like Adriana Stobie ('21), who participate in school clubs and events know how stressful the day can get. Naps can be implemented into the school system to provide a break to those students, who are constantly up late due to homework and stress.

A news report done by NPR, recommends using nap pods for in school needs. Studies have

shown teenagers actually need between nine and ten hours of sleep a night, but 69% of the vast majority are not getting it. Following the realization of this fact, a nap cannot substitute for a good night's sleep, but it certainly can help, says Dr. Nitun Verma, a sleep specialist and spokesperson for the American Academy of Sleep Medicine. Although, in some cases, the student who is exhibiting stress and anxiety do not welcome a break for a nap.

"I think a nap can be the worst thing for stress and anxiety if it's about school. Whenever you're stressed it's for a good reason

and just facing that stress or anxiety and getting through the day is what I need," Danny Vorbroker ('20) said.

Those who do not share the same issues, would like to have a daily regulated school nap time period to get the right amount of sleep to keep up with their late night studies.

"Naps should be put into school because we have late nights doing homework, especially those in AP classes, and then we wake up really early just to go to school. We need lots of sleep to help our brains function properly," Stobie said.

Others have given solutions

on how naps would possibly be implemented into the school day. They may not get noticed by an official in charge of this issue, but they are indeed plausible.

"I think since we all fall asleep in class that we should get extra time, but if we do we would have to extend the day," Reese Borsky ('22) said.

In the end, there will always be two sides to this argument, however the school board testifies that the fuss is not needed. The point of view of some students are that they need a time during school to just cool down and destress. Naps during school ought to

be implemented as family nurse practitioner Linda Summers, who is an associate professor at New Mexico State University's school of nursing in Las Cruces, says she recruited students to try the nap pods. Those students who reported feeling "agitated or upset about something," were taken in to then have them describe their feelings after spending 20 minutes in the pod. After 20 minutes the students felt much better. This program, if implemented, would truly help students of all ages with their stress and anxiety.

Man on the Street

Seniors share their desired college and why that college is #1 on their list.



Photos by Jonah Freeman

“My first choice for a school is definitely UCF because it's the best college in the state for computer science.”
Gilbert Gonzalez ('19)

“I hope to attend FSU in the fall because of their top tier percussion studio and the opportunities that come with a degree from their college of music.”
Abigail McNulty ('19)

“My first choice would be either USF or UCF because they are in nearby cities and I would like to experience that.”
Robert Nagel ('19)

“My first choice for a school is the University of Florida because I want to major in journalism and they have one of the best schools in the country, and I enjoy the campus and the atmosphere.”
Lindsey Hoskins ('19)

“I would like to go to USF because it is close to all my family, where I am from, both of my parents graduated from there, and it has a great finance program.”
Nathan Bright ('19)

The happy ending falls short for some

Divorce is very common amongst the United States and can have lasting effects on their children with supporting statistics

RYLEE KAISER
STAFF REPORTER

In the United States about 50 percent of marriages end in divorce, due to lack of communication, abuse or trust, according to a blog on stearns-law.com. Teens and children are affected emotionally when a divorce occurs.

Marriages fall apart for many reasons in which some children cannot control. Although some divorce cases can provided

benefits, children and teens are emotionally affected by it. Younger kids have a hard time understanding going between two homes, teens understand and could have anger and blame one parent, stated by www.verywellfamily.com. Marin Drew ('20)



Children who do not consistently live with two biological parents are only half as likely to ever attend a selective college
-news.cornell.edu

experienced her parents' divorce when she was three years old.

"It's kind of complicated. There was issues with how my mom was treating my dad and he didn't want to be a part of that relationship anymore," Drew said.

Marriages can be broken off for "love" reasons, constant

fighting, and even abuse. All teens can do is keep the peace, be fair, and keep in touch with both parents, according to kidshealth.org.

"My entire life I have had to switch back and forth between parents on the holidays. This year was the first Thanksgiving that I didn't spend with my mom, because I'm not happy about choices she is making with her second husband," Drew said.

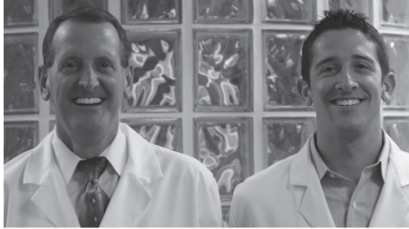
Teens' behavior plays a big part in divorce. Some teens

take sides with one parent, and others experience anger towards each parent and ignore them both. Some teens cope with their parents' divorce by turning to self-abusive behavior and drugs according to www.outbacktreatment.com. Drew did not fall into these traps by remaining positive.

"Stay strong and keep a smile on your face. If I don't it will just be a snowball effect of anger and sadness. I just keep pushing because I have to," Drew said.



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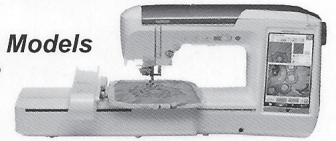
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Get in gear, with *HKScrunchies* here!

Two creative, talented sophomores brought back a once demolished fashion trend and transformed it into something amazing

VALERIE FARRAR
STAFF REPORTER

Scrunchies; the popular '80s and '90s trend has made a recent comeback in fashion among teens everywhere. Whether on their wrists or in their hair, countless students around campus can be seen wearing these soft, patterned hair-ties that match any outfit.

Kamalie Thomas ('21) and Hannah Spinney ('21) were determined to use the revival of these scrunchies in a creative way. With social media and a talent for sewing, these inventive sophomores decided to put their skills together and start a business of selling handmade scrunchies, which they titled HKScrunchies.

"Hannah runs our Instagram account and takes care of all the orders and delivering, and I actually make the scrunchies," Thomas explained. "I basically take fabric and cut it into the length that I need, sew one of the sides together, put an elastic band through the fabric, and then sew both ends together."

Thomas and Spinney spend a lot of their time hard at work with sewing scrunchies, marketing their merchandise, and managing their profits. Luckily, this tremendous commitment pays off because students in all grades continuously buy their products. As of the end of November, they have sold approximately 300 scrunchies. One of their most dedicated customers, Kierstynn Stefanik ('21), has

ordered multiple scrunchies of various designs, including both the regular and special edition or holiday ones.

"Their scrunchies are all good quality and none of mine have broken. They're stretchy, they hold your hair well, and they have cute designs," Stefanik said. "I also think the prices are fair. The regular ones are \$2 and the special edition ones are \$3, and you can order a scrunchie and it's pretty much ready the next day," Stefanik said.

With such high product satisfaction among their customers, it is not a surprise that HKScrunchies is a smashing success. In between sewing and selling scrunchies, the entrepreneurs also managed to take valuable life lessons

with them through their experiences in business.

"We've definitely learned that communication is key between the two of us because we have to communicate a lot to check each other's work," Spinney said. "We also have to watch our finances when buying new fabrics with our profits."

HKScrunchies just released their special edition Christmas scrunchies, which are pictured on the left. Each special edition scrunchie cost \$3. Anyone interested in ordering a scrunchie for themselves, or as an inexpensive holiday gift, can send a private message to their Instagram



account (@hkscrunchies), send an email to hkscrunchies@gmail.com, or reach out to either Thomas or Spinney in person.

Spending the *night* on the *dance floor*

Cayde Verkler ('20) proves that no obstacle can stop him from having a great time, as shown at the 2018 Homecoming dance

OSTINA MYRTIL
STAFF REPORTER

September 24-29, 2018 was the official Homecoming Week where several events took place each day leading up to the Homecoming dance on Saturday night. Faculty members Ms. Debbie Comito (FAC) and Mr. Shawn Durand (FAC) sponsor the Social Inclusion Club, also known as Ranch Hands. This club makes it possible to close the gap between the Exceptional Student Education (ESE) students and "regular" high school students. As a result of Ranch Hands, students like Rickey Risser ('19) and Cayde Verkler ('20) were able to attend the "Out of This World" themed Homecoming dance on September 29, 2018.

"We want them to have the same experiences as the high schoolers. In the back of the gym we had

a totally low-key sensory area so that they had the option of going on the main dance floor or still participating in the area," Comito said.

Faculty and staff provided lights and the students had their sensory equipment, so they could still participate but not be overwhelmed with the loud music, fog, and obnoxiously large crowds.

"I went with my brothers and sister. We put on light bracelets and listened to

Finesse, the one with Cardi B. I like her," Verkler said.

Homecoming provides an opportunity for reconnecting with friends and having a good time. Brandon Abdelshahid ('19) is a "regular" student that is a Wrangler (class assistant) for Risser and Verkler's third period class. Abdelshahid invited Risser, who prefers to be called Superman, to join him and his friends on the dance floor.

"He needs to have fun; he's very likable so I knew once he was there he would. He was able to create a mosh pit so he's doing something right," Abdelshahid said.

A mosh pit is when a person is dancing great, causing people notice and form a circle around the person, cheering them on. With all the popular music playing at Homecoming, everyone was able to enjoy themselves.



Cayde Verkler (in blue) enjoys his night at the homecoming dance with his friends, and doesn't let anything stop him from having a good time. Photo provided by Monica Sosnowski.

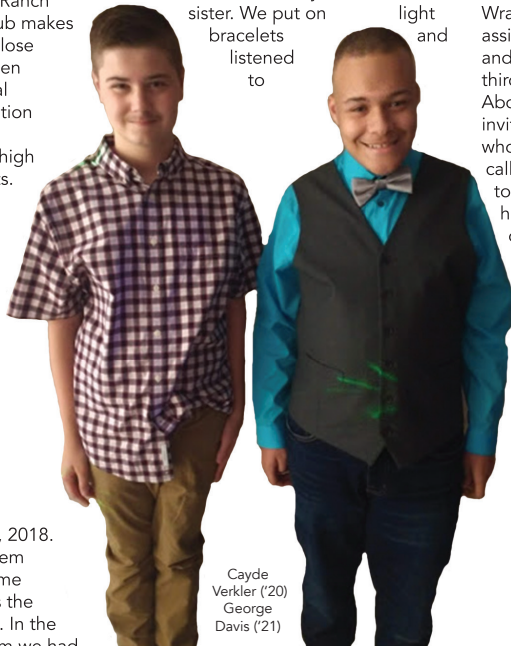
"I like slow songs, but at the dance, I danced to fast songs with my friends. It was fun," Risser said.

Abdelshahid did not choose to be a Wrangler in the class, but found unexpected rewards once he was placed in the class and got to know the students.

"It gives you a different perspective on life because they have limitations that we don't experience, so when you see they have these limitations and you don't, and that they have a fulfilled life, why should it be different with us?" Abdelshahid

said.

Ms. Comito and Mr. Durand plan to host more events like the Homecoming dance. In November, they plan for a Community Based Instruction (CBI) where they take their students off campus. Also in November, they will host a Special Olympics basketball skills for the approximately 45-50 students in the Ranch Hands club and 55 students in their ESE department.



Cayde Verkler ('20)
George Davis ('21)

A Christmas Board Game

Use a different coin for each player. Start on square one and roll one die to move your pieces. Follow the directions on the board game to see how to get to the end. The first player to make it to the Christmas Tree wins!

Start Here

SKIP ahead THREE spaces

Choose a stocking based on where you like to shop for Christmas!

Move BACK one space

Ingredients:
3 cups of mashed sweet potatoes, 2 eggs, beaten, 1/4 cups of milk, 1 cup of sugar, 1 teaspoon of vanilla, 1/2 cup of margarine, 1 cup of brown sugar, 1/3 cup of flour, 1 cup of chopped pecans, and 1/2 cup of melted butter.

Ingredients:
9 cups of Corn Chex cereal, 3 cups of Chocolate Chips, 3/4 teaspoon of coconut extract, 1 1/2 cups of powdered sugar, 1 1/2 cups of shredded coconut

Go back TWO spaces

Make a Christmas play-list!

1. Pour your choice of Chex cereal into a large bowl and then set aside.
2. In a medium sized bowl, melt the chocolate chips. Heat for one minute and then stir. Continue with 30 second increments until the chocolate is completely melted and smooth. Stir in the coconut extract.
3. Pour the chocolate over the Chex cereal. Then gently mix until the cereal is well coated.
4. Pour the cereal onto two large baking sheets. Sprinkle cereal with powdered sugar until well coated. Let the mix sit out for about 15 minutes before served. Enjoy!

Ingredients:
3 cups of corn Chex cereal, 3 cups of chocolate chips, 3/4 teaspoon of coconut extract, 1 1/2 cups of powdered sugar, 1 1/2 cups of shredded coconut

Go back TWO spaces

Choose a stocking based on where you like to shop for Christmas!

Ingredients:
3 cups of mashed sweet potatoes, 2 eggs, beaten, 1/4 cups of milk, 1 cup of sugar, 1 teaspoon of vanilla, 1/2 cup of margarine, 1 cup of brown sugar, 1/3 cup of flour, 1 cup of chopped pecans, and 1/2 cup of melted butter.

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Christmas Song Favorites

1. All I Want for Christmas is You
Mariah Carey - Merry Christmas (1994)
2. Rockin' Around the Christmas Tree
Brenda Lee - Merry Christmas from Brenda Lee (1958)
3. Rudolph the Red Nosed Reindeer
Gene Autry - Other Christmas Classics (2003)
4. Here Comes Santa Claus
Gene Autry - Other Christmas Classics (2003)
5. Up on the Housetop
Gene Autry - Other Christmas Classics (2003)
6. Let It Snow
Dean Martin - Christmas with the Rat Pack (2013)
7. Santa Claus is Comin' to Town
The Jackson 5 - Jackson 5 Christmas Album (1970)
8. Silent Night
Michael Buble - Christmas (2011)
9. Feliz Navidad
Jose Feliciano - Feliz Navidad (1970)
10. Jingle Bell Rock
Single by Bobby Heavins (1957)

Winter Meals



"It's not watery because they use milk instead of water and they use authentic peppermint so it tastes natural!" Tiffany Cain (21) said

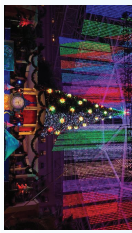
"I has whipped cream, chocolate syrup, and chocolate chip cookie marshmallows that come together for a great hot chocolate taste." Alexis Wright (21) said.



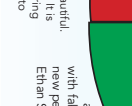
What's that Chocolate do you Prefer?



"It's so colorful and pretty. It gives people in Florida a chance to see snow like to live in the winter. The sculptures and themes are breathtaking. It is definitely one of my favorite places to go during the holiday season." Emma Clover (19) Photo provided by Gaylord Palms Facebook



"The hot chocolate is rich in chocolate flavor and not watered down," Jelayna Vasquez (21) said.

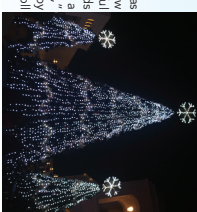


Winter Village at Curtis Hixon Park

Celebrate the holiday season in Downtown Tampa at the Winter Village at Curtis Hixon Park presented by the Tampa Bay Lightning. Located along the Tampa Riverwalk, Curtis Hixon Waterfront Park is transformed with activities of the holidays for children and adults of all ages. This annual park has copious amounts of cafes, shops, and even a Winter Village Express. Tickets for the Ice Rink average about \$14 a person but group rates may affect these prices. Rides on the express cost \$5 a person. Visit <http://www.wintervillageatampa.com/> for more information



Lighting in the City



"The Christmas tree light show is incredibly colorful and entertaining. It even ends with take snow, giving Floridians a new perspective on the holidays." Ethan Sarakun (21) said. Photo by Haley Kroll



Sweat makes the green grass grow

The boys' varsity soccer team seeks outside support to grow as a squad and win as many matches as possible this season

EMMA DIEHL
STAFF REPORTER

As the varsity boys' soccer season progresses, the team strives to succeed on the field as they continue to grow as a group. In order to prepare for their season, the boys trained extensively and continued to work on improving themselves between games.

"We used to practice every week day, but since games have started we only practice when we don't have games. We practice for about an hour and a half," Kameron Clark ('20) said.

While students who do not play the sport may think these practices are too much, several

team members disagree.

"I feel like practices are just enough to help us out. They don't need to be too difficult because we have games going on," Evan Lownds ('20) said.

In order to flourish, the team focuses on working as a unit rather than devoting all their time to physical training.

"I would say there's always room to improve, but it looks good starting from the back, all the way to the forwards. Our chemistry is good as a team," Clark said.

There are several essential sections to a soccer team; the forwards, the midfielders, the defense, and the goalie. Each area of the field carries their

weight to strengthen the team as a whole, and are all required to create a cohesive team.

"I think all of the areas are strong. Personally, I believe that the midfield is the strongest, but the defense is very good as well," Lownds said.

While the team puts in most of the physical work, no group is complete without someone to guide them. For the soccer boys, the guide is a former student by the name Tristan Andre, who graduated in 2018.

"Tristan is always on time to practice. He sets an example for the younger guys, he is super professional, and he brings out the best of us," Brennan Breuer ('19) said.

Breuer, one of the team captains, is not the only one who believes that Andre has been a rather large help to the team. His fellow captain, Maxwell Moon ('19), also has expressed his gratitude to the assistant coach. "Tristan is a good coach. He is super involved with us at practice. Guys like me have a lot to learn from him, considering how many goals he scored last year," Moon said.

Andre is one of the top offensive players that the team has had over the years, scoring 36 goals in just his senior year alone. He has been helping the boys since the beginning of the season, helping to train them when he is not attending his

college classes.

With the substantial amount of time left in the season, the boys look primed to grow closer and win games. Come out and watch their next game, which is away at Hillsborough High School on December 14.

Division Leaders

Maxwell Moon ('19)
11 points, 5 goals, 1 assist,
1.6 points/ game
Brennan Breuer ('19)
8 points, 3 goals, 2 assists,
1.3 points/ game

Information provided by MaxPreps

Raising the bar higher than the rest

The girls' weightlifting team has been practicing hard for a successful season

OSTINA MYRTIL
STAFF REPORTER

The girls' weightlifting team promotes a hard-working, team oriented environment in order to succeed at their meets, and so far have had a great season.

"What's amazing at meets is when you're holding the bar benching and you stop, everybody in the room no matter what team you're on is screaming encouraging words at you. In that moment you feel a burst and you get it up," captain Ciara Cabrera ('19) said.

Practices last a little over an hour every day after school. The girls rely on support from each other to push through the physical skill and fitness necessary for weightlifting.

"We have really hard conditioning and we always just motivate each other to keep going. At the beginning we do a set of bleachers, run a lap and then once a week we run a mile," captain Miranda Medlin ('19) said.

According to PaleoHacks, weight training increases strength in connective tissues and joints. Strong joints, ligaments, and tendons are important to prevent injury. Strengthening muscles and connective tissue will make injury from daily tasks and routine exercise less likely. However, that was not the case for new member Alandra Coure ('21).

"I injured myself from doing weightlifting and softball together year round without a

break. My shoulder sits forward out of socket, and I have a severe internal impingement in my right shoulder. So basically my tendons are pinched together and it is causing nerve damage in the back of my arm, and it spreads down to my hand," Coure said.

Coach Regenia Dixon (FAC) and teammates such as Medlin and Cabrera offer Coure a great support system in her recovery process. They also manage to include Coure in everything making her still feel a part of the team even with her injury.

"Well they've been really supportive in my recovery process so far, and a few of the girls help me with my physical therapy exercises. They've also made sure to include me in



Haley Rogers ('19) raises the weights high as her team cheers her on in the background. Photo by John Henges

everything and make sure I still feel like apart of the team while I can't lift," Coure said.

The girls weightlifting team believes encouraging, motivational, propitious phrases/

words and sister like bonds play a key role in the team's success aside from training. Girls continue to constantly train while they prepare for upcoming matches and competitions.

Talk with your feet, play with heart

Junior Varsity soccer players, both boys and girls, steps up their game this year to prove that they are varsity ready

OSTINA MYRTIL
STAFF REPORTER

The sound of cleats kicking soccer balls was heard as the JV boys' and girls' soccer team kicked off the new season. Tough competition pushes the JV players to improve their skills, looking to achieve the common goal of making it to varsity.

"For me it's doing it right and taking it seriously and then at the end once we start get more wins then we can start to joke around

but I take things seriously hoping to improve and get on varsity this year," Elliot Woolliscroft ('21) said.

Through determination to get to varsity, the JV girl players not only practice with their coaches, but also train with professionals.

"I have a personal trainer outside of school, and he used to be a pro player from Greece so I train with him. I also play for a club soccer team outside of school so I can get more play

time," Evyenia Mouratoglou ('21) said.

According to the JV boys' coach, Brie Konrad (FAC), two boys have had professional teams scout them or ask them to join developmental programs as 8th

"For me it's doing it right and taking it seriously and then at the end once we start get more wins then we can start to joke around but I take things seriously hoping to improve and get on varsity this year."

Evynia Mouratoglou ('21)

graders. Another may end up getting a shot to make his home country's Under-18 national team, and another is the son of a former professional Greek player. Plus the majority play together on a club team outside of school "and the way they control a game is

beautiful".

As the season progresses, the boys and girls train harder so that they face any challenge with their best effort. The girls are 6-3 so far in the season with six games left to play, with their next game being December 17 away against River Ridge. The boys are 6-3 so far in the season, with 10 games left to play, with their next being December 20 against Berkely Prep at home.





Never go through life without goals

The girls' varsity soccer team hopes to continue their success on the field with a win again River Ridge on December 17

RUHAN ALAM
STAFF REPORTER

Off to a 5-0 record, the girls varsity soccer team aims to produce more goals this season through the tactics and methods that Coach Dave Phillips (FAC) employs. Emily Rushing ('20) helps the team build a stronger bond off the field before they build one on it.

"We're looking to do the same as we did last year, build positive team chemistry first and then put that on the field, so we are doing a lot of team bonding activities and hopefully that will set us up for success," Rushing said.

Rushing knows a thing or two about competing at the highest level. She plays at the West Florida Flames DA (Development

Academy) and she believes the high levels of DA play really help her improve and get ready for the school season.

"I'm still playing, rather than not playing anything and then coming into the school season. You know we have a lot of girls that play at clubs like Tampa Bay United Rowdies, we also have girls from Florida Premier, but we have a lot of different club teams coming together to form one really good school team," Rushing said.

Ashley Grisley ('19) and Brianna Wiik ('19), two seniors this year, understand how important it is for them to lead and help the team strive for success.

"Thinking about the future and for those to come are important because you have to help set the team up for success next year

too," Grisley said.

Wiik tries to help build stronger bonds off the field along with the other seniors to prevent things like drama plaguing the team.

"We have to set an example for the younger players because we had some issues with drama but we have to make sure the rest of the team stays motivated," Wiik said.

Destiny Sanchez ('21), a brand new member to the team this year, was unable to play last year due to an injury she sustained while on club duty. The injury ended her freshman season and kept her on the sideline for well over ten months, but that didn't stop her from always showing up to her teammates' games to show her support.

"It feels very good and I'm super excited and relieved



Destiny Sanchez ('21) prepares to beat the opposing defender, during one of her games. Photo by Silvia Cannarella

because it's been a year, I know I'm not going to be as fast as I was before but the higher level of play will definitely help me get better," Sanchez said.

The team's scored a plentiful

amount of goals and already set high standards, now it's up to them to perform. Catch them December 17 in a clash with the River Ridge Knights at RRHS at 6 p.m.

Fall sports in *review*

Swimming and Diving

Conference Champions for the first time in program history, boys named District runners up, 16 athletes qualified for Regionals and 4 qualified for State

Girls Cross Country

Conference Champions. Meadow Millet ('21) named West SAC Runner of the Year

Boys Cross Country

2nd place in Conference. Jacob Unger ('20), Nickolas Millan ('20), and Chase Grant ('20) chosen for 1st team All Conference

Varsity Football

4th consecutive District Championship, 11 players chosen 1st team All Conference and 3 players chosen for 2nd team All Conference

Girls Golf

District Champions, finished 5th at Regionals. Olivia Gray ('19) 1st team All Conference

Boys Golf

District Champions, Nicholas Gabrelcik ('20) named West Player of the Year

Varsity Cheer

3rd consecutive Best of Pasco Championship, UCA Central Florida Regional Division Winner, Nationals Invitation





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Chasing a *dream* until it comes true

Freshmen soccer player talks about her goals to accomplish in the sport and where the game has taken her in her life

RUHAN ALAM
STAFFER

Mercedes Solis ('22) plays soccer simply for the enjoyment of doing the game, but she knew she was going to take her game to the next level when she and her dad started training more often and the results started to become rapid. Solis describes her father as her inspiration to play soccer and the person she looks up to the most when it comes to playing the beautiful game.

"I do look up to my dad as a figure for soccer because he keeps his cool and he works really hard and we're both short so we both have to use what we got against other people," Solis said.

Solis is on varsity this year,

and her father is the JV coach. Having him so close when she is playing has allowed her to perform better and be more calm during games, however said it was mainly up to her to play well.

"I could play better with or without him there, it mainly depends on the game and how I'm feeling that day," Solis said.

Before Solis even reached the ninth grade, she had as many as eight different college offers, noticeably from soccer powerhouse, Princeton. When asked how she felt about being noticed from various colleges at such a young age, she responded saying she was excited for the challenges yet to come.

"It feels good knowing that I'm doing very well playing soccer and I know that I can still make it

to college playing soccer as well as academically," Solis Said.

Solis, being the only freshman on varsity this year, understands how to play with older girls. On her club team, Florida Premier FC, Solis competed with 16 and 15-year-old girls at the age of 13 and 14. Solis, mainly deployed as a center mid, racked up over 40 goals while in middle school. Competing with older girls was definitely not an issue for her.

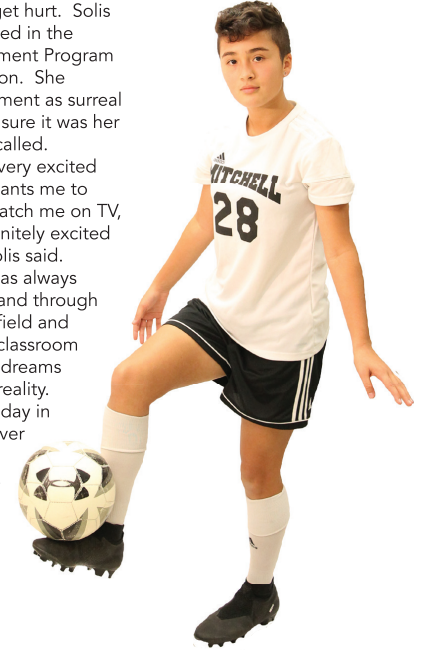
"Sometimes it's hard keeping up, especially because they've been playing longer and know how to maneuver the ball and use their strength to help them," Solis said.

Playing with older girls at the club has also taught Solis many things, like knowing to be quick on her feet, using her strength to her advantage, and making

sure she doesn't get hurt. Solis recently participated in the Olympic Development Program (ODP) for her region. She described the moment as surreal and was not even sure it was her number that was called.

"My family was very excited for me, my aunt wants me to make it big and watch me on TV, everyone was definitely excited and I was too," Solis said.

Playing soccer has always been in Solis' life and through hard work on the field and dedication in the classroom she can make her dreams and aspirations a reality. Catch her on Monday in a clash with the River Ridge Knights at RRHS at 7:30 p.m.



Recognized *athletes* of fall

Congratulations to these Gregg Schindler State Farm Agency Student Athletes of the Month for their talent and hard work



Photo by Cate Miller

Julia Walkup ('19)
September Athlete of the Month

"I'd like to thank my parents for driving me to all kinds of places and waking up at four in the morning to drive me to practice; Coach Casey, who taught me work ethic when I was just starting out; and Coach Sue, who has always pushed me to be the best I can," Walkup said.



Photo by Nick Piccione

Nick Gabrelcik ('20)
September Athlete of the Month

"Golf is just fun to me. It's a sport that I got into and never seemed to get out of. You get better at hitting each time you do something, so if you work on something every day and keep doing it you will never get worse and will only improve," Gabrelcik said.



Photo by Olive Gray

Kennedy Deluca ('19)
October Athlete of the Month

"I believe in leading with energy and enthusiasm. I understand why people get unmotivated when we're down a few points, but I always make it my job to bring in that positive energy in hope that it will be reciprocated," DeLuca said.



Photo by Aidan McCall

Nicholas Ferrini ('19)
October Athlete of the Month

"I was kind of anxious moving up to varsity when I was only a freshman but my coaches were very supportive and gave me the motivation to work and play hard. Coach Schmitz and Coach Fenton put me in the field gave me confidence," Ferrini said.



Photo by Ryan Gray

Olivia Gray ('19)
November Athlete of the Month

"I actually suffered a concussion, [from soccer] which I played prior, but then my grandpa introduced me to golf a couple months after. I have been playing golf for 11 months now and I just really love the sport. It is the most difficult sport I have ever played," Gray said.



Photo by Cate Miller

Austin Erickson ('20)
November Athlete of the Month

"For me swimming is just something I can do to take my mind off of everything else and just focus on being good in training and practicing and it just feels great. I definitely look up to my teammates and people who have come before me, like record holders," Erickson said.



Photo by Cate Miller

Maxwell Moon ('19)
December Athlete of the Month

"I'm fortunate enough to play on a great club team so I think that helps, but I also love playing for my school team because it's more laid back and all my friends are on the school team with me," Moon said.

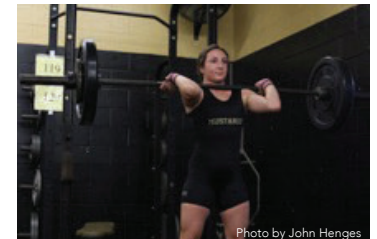


Photo by John Henges

Hailey Sidders ('19)
December Athlete of the Month

"It's truly made me who I am. It has allowed me to make friends outside of school, which is really important to me. It's changed the way that I see life in general and it's taught me important life skills like time management," Sidders said.

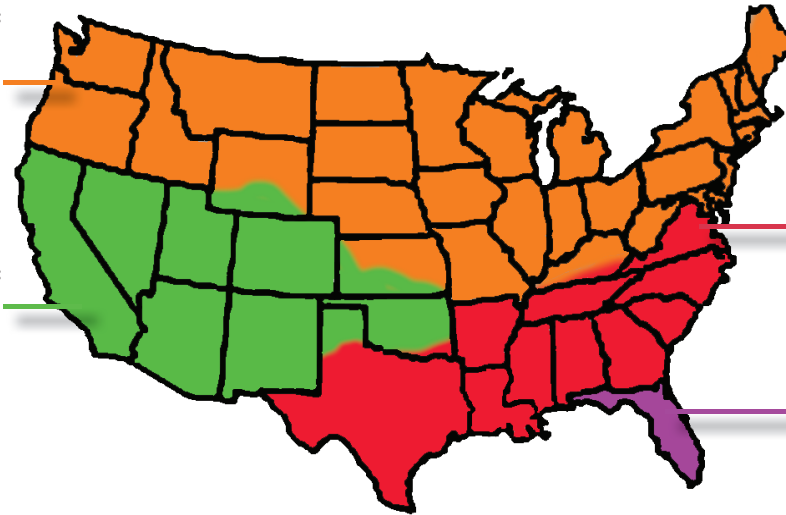




Are we the ones who talk funny?

The United States has different phrases meaning the same thing throughout the nation, which region do you relate to most?

- Carbonated sugary drink: pop
 - Addressing a group of people: you guys
 - Bugs that light up: Fireflies
 - Place people drink form: drinking fountain
-
- Carbonated sugary drink: soda
 - Addressing a group of people: you guys
 - Bugs that light up: Fireflies
 - Place people drink form: drinking fountain



- Carbonated sugary drink: coke
 - Addressing a group of people: y'all
 - Bugs that light up: Lightning bugs
 - Place people drink form: water fountain
-
- Carbonated sugary drink: soda
 - Addressing a group of people: you guys
 - Bugs that light up: Fireflies
 - Place people drink form: water fountain

Rocking in the Bay

Students enjoy the variety of concerts coming to Tampa and St. Petersburg

MADELINE SMYTH
STAFF REPORTER

Concerts bring people from all walks of life together to enjoy the same music and rise as one, and that is beautiful. So far, Tampa has been in luck with the abundance of acts visiting the area this winter season. Twenty One Pilots, a popular and well-noted band, performed one of their many concerts on November 3 at Amalie Arena. Many kids attended as fans, and left as even bigger ones. Even newcomers unsure of who Twenty One Pilots were left

amazed. The band touched the hearts of their "Clique", as the fans call themselves, continued the story of their tour, and put on a powerful show for the sold-out stadium. They performed for three hours, entertaining the stadium of nearly 20,500 people, and as confetti rained down on the crowd to mark the end of the show, an encore was demanded of them by the cheering audience, and they delivered. Daniela Silvera ('20) attended the concert in Sunrise, Florida and claimed it to be one of the best experiences of her life.

"Everyone was very involved

and everybody was dressed up and the message that they send out to their group, the clique, and because of that message the clique is so understanding and together," said Silvera, a dedicated fan of the band and longtime clique member.

Twenty One Pilots will return in June 2019, but in the meantime, lots of other performances are in the area to enjoy. Jingle Ball is yet another event scheduled to entertain the Tampa Bay. The large Christmas event hosted by the local radio station 93.3 FLZ and sponsored by iHeartRadio will kick off on December 15



Twenty One Pilots concert at Tampa came to a close. The final goodbye came after an energetic encore the crowd cheered for. Photo by Madeline Smyth

at 7 p.m. at Amalie Arena and features many new and popular artists, such as NF, Bebe Rexha, Khalid, Marshmello, and more. It is a popular nationwide annual event that makes one of its 12 stops in Tampa, Florida. People

travel all over the country just to attend.

No matter your preference, there is a show for you here in the Tampa Bay. Go out and enjoy the entertainment with friends, family, and your fellow students!

Christmas movie night, here we come

Which channels on television show the best movies to watch throughout this holiday season, based on a poll on Twitter

MADELINE SMYTH
STAFF REPORTER



Hallmark:

This channel provides a variety of movies to show to the audience. On of the specials Hallmark is known for is the Countdown to Christmas where they show scheduled films from the beginning of December to the end of the month.

54% of voters say this channel has the best movies to watch during the holiday season.

Lifetime:

The holiday films start early for this channel, began November 16 and end December 23. Some of the movies premiered is "Hometown Christmas" and "Christmas Lost and Found".

11% of voters say this channel has the best movies to watch during the holiday season.

Freeform:

Freeform does a special similar to that of Hallmark, they show holiday movies from December 1 to December 25. Some of the films include "Home Alone", "Mickey's Once Upon a Christmas", and "The Santa Clause".

22% of voters say this channel has the best movies to watch during the holiday season.

Other:

Some other channels that premiere holiday movies are ABC, CBS, and The CW. Some of the films they show are "iHeartRadio Jingle Ball", "Frosty the Snowman", and "The Story of Santa Claus".

13% of voters say this channel has the best movies to watch during the holiday season.





Hitting a juul doesn't make you cool

Vaping in school does not just effect you but it also effects many other students around the school in a negative way

After the introduction of e-cigarettes in 2004, teenagers and people who have suffered from the consequences of traditional cigarettes were excited about a possible safer and healthier alternative to smoking normal cigarettes. Millions have taken advantage of this, especially young teenagers in recent years, and our school is no exception. Due to the wide variety in vapes being distributed around the school, it has become increasingly effortless to get one. We do not care about whether or not you vape, we care about how it can affect other students.

When students decide to

go and vape in areas like the bathroom, it causes faculty to take action. Administration in the past has taken action to prevent students from vaping by locking the bathroom doors, but then this raises another issue; how will students who actually need to use the bathroom use it? If you vape at school just know how it can affect you as well as the other people around you.

If someone who was using a vape just happened to be under a fire alarm, they could easily set it off, and we all know what happens to kids who set off fire alarms from what happened last year when students pulled

one after the tragedy at Marjory Stoneman Douglas, which prompted in the immediate suspension of those students. Almost a quarter of all 10th graders vape at school and 27% of seniors vape at school, according to a study by NBC in 2017. To most students these numbers may not seem high, however it is extremely worrying to parents and student guardians who may not be too involved in their students lives. According to a study by the National Youth Tobacco Survey Finds, the amount of flavored vapes being distributed among teens has increased 7% from 61% to 68%

since 2017 and the use of any tobacco product among teens has increased to 27% since 2015. Most kids simply just do not understand the stress they cause for their parents and guardians when they get calls home saying they were not in class or doing something they shouldn't have been doing.

Although we cannot do anything about your personal choices, just know the health related consequences that go with vaping, whether it's at home or at school.

When someone vapes a certain amount of nicotine, liquid juice is inhaled which can basically cause

damages and block airways in the lungs. This is known as bronchiolitis obliterans, or "Popcorn Lungs", according to WebMD. Symptoms include feeling short of breath and a lot of coughing. For most of you reading this now who vape, you know how many times you have coughed while hitting your vape and simply shrugged it off, well now you know how it can affect your health. At the end of the day, it is your choice, but just know how it can affect you and the ones around you.

2018 and people still haven't learned

A concept that has been present for centuries and centuries is still relevant today, but why, if it is so wrong to think this way

AVERY PHILLION
NEWS EDITOR

As we head into 2019, you'd think society would be over racism and racial slurs. Except, according to some students, being any other race or ethnicity besides white, racism is still an issue. With racism being a constant topic in the news and mass media, it has almost been normalized within society. Racist terms are also commonly used in popular songs and throughout peoples speech daily, but does that make it okay?

"When people look at me they think, oh is that the black girl? I don't look at people at and say

oh is that the white girl? I don't call people by their color, they have names for a reason and there are other ways to describe them. It is not normal and needs to change," Jade Casals ('19) said.

Not only is it unacceptable for these instances to happen in general, but in school it affects more than just students emotions, it effects them paying attention in class, studying, and/or staying fully engaged in classroom activities and discussions.

"I'm full Egyptian and one of the worst things getting called has been camel monkey. I was in class making jokes and a guy tells me to F off you camel monkey

the whole class laughed at the comment, while the teacher did nothing to isolate the issue,"

Brandon Abdelshahid ('19) said.

Racism should have never been a thing, and as a society it should not still be practiced and used in everyday language. Just because something may seem funny or non-serious, these words, phrases, and actions should

be taken seriously. It effects everyone it is used against and just furthers the oppression of others.

"When people look at me they think, oh is that the black girl? I don't look at people at and say, oh is that the white girl?"

Jade Casals ('19)

"I've experienced racial discrimination by being called the n word more than once, it hurts sometimes. People shouldn't just say these things just

because they hear it in songs or hear other people saying it. It just isn't okay," Dorian Johnson

('21) said.

So, as the world continues on into 2019, lets leave the racism and discrimination in 2018, even though it should have never have started in the first place. Next time these topics are present or it seems as though a possible joke could be made, remember it is not funny, it does effect people, and it only makes the person using racial terms look ignorant. If you see any kind of racism, do not be afraid to say something or report it on the school website under the see something, say something tab. Be kind to others, do the right thing, and stay woke.

Global warming is not just a hot topic

Temperatures rise throughout the world and there are many things people can do to help solve this global warming crisis

JONAH FREEMAN
STAFF REPORTER

In the early 1800's, global warming began to affect the earth, gradually changing the average temperature of the globe's surface. Over time, the ice caps and glaciers melted, raising the sea level, causing hurricanes to occur more frequently, as predicted by the Geophysical Fluid Dynamics Laboratory. The Guardian reports that climate change also doubled the amount of burned land on the west coast since 1984.

When too much carbon dioxide

enters the atmosphere it causes the greenhouse effect. This means the atmosphere traps

incoming heat from the sun, instead of absorbing back into space. When too much heat traps itself in the atmosphere, the earth warms

and the climate changes the

biologically harmful ultraviolet radiation.

"Climate change needs to be brought to attention because it may not be as effectful on us right now but in the future it will have a major effect on our environment."

Alana Riffe ('19)

By now we know that global warming affects us in negative ways more and more every year, but together people around the world work to prevent it. Some ways

average people help include

using compact fluorescent light bulbs, public transportation, avoiding plastic bags, water bottles, and using less hot water.

Students who take the bus to school instead of driving a car save gas money while helping the environment. Burning fossil fuels releases Carbon Dioxide into the atmosphere, the main contributor to the greenhouse effect, which traps heat into the atmosphere and cause the temperatures to raise.

Bringing a refillable water bottle to school instead of buying a disposable plastic bottle every day reduces the

number of bottles in landfills by at least 180 a year per student. With more than 2,000 students at school, that's more than 360,000 plastic water bottles eliminated. Plastic never fully decomposes and releases harmful chemicals into the soil and groundwater, so avoiding plastic products is a step in the right direction.

People around the world work to fight back against global warming every day, but making simple changes to our lives as a population can slow the effects of climate change and make a safer, more stable planet for future generations.

CHRISTMAS THROUGH THE AGES

ORIGINALS

GRACIE GLOVER
STAFF REPORTER

Part of the allure of old movies is the newness of ideas, themes, and locales. Remakes take away the sense of epiphany, or the feeling of shock of having never seen or thought of something that happens in the movie. The 2018 "Grinch" remake was a massive flop. The plot was drawn out and seemed to struggle to fill the nearly two hour time frame.

Remakes tend to include changes from the original. By doing so, the meaning, authenticity, and greatness of the originals are taken away. For example, "Miracle on 34th Street" is a well-known 1950's seasonal classic, but once it was remade in the 90's the movie was forgotten about. Major changes were made by the director, such as the name of characters. The original leans heavily into the belief of Santa being real with shots of him talking to reindeer, socializing with other mythical characters like Easter Bunny and Tooth Fairy, and there is a scene stating that he went "overseas" after Christmas Day. By having these changes, the original plot was lost within the superfluous new one.

"I prefer the classics. In the remakes, they change things so they aren't quite the same. The originals are old, but in my opinion that is what makes them good. My favorite originals are 'Home

Alone', 'Elf', and 'Christmas Vacation'," Avery Weber ('21) said.

Christmas music is a staple of the season. Whether it is "All I Want for Christmas" or "It's Beginning to Look a Lot Like Christmas", these songs are beloved by people. Despite this belovedness, Christmas music covers are just the same lyrics sung by different people.

"I like music covers that are redone in such a way that even if the lyrics are the same, the melody or style of singing are completely different. Music covers that are just the same song sung by a different group, I dislike for the same reason I dislike movie remakes. I am not fond of most remakes because they are just reproductions of movies that worked, meaning they are meant to make studios money but they don't do much else. They have better effects and more popular actors but not much else," Benjamin Horvath ('21) said.

The novelty of originals wow people consistently with creativity and their lasting modernity.

"I prefer originals because they are more creative and they bring back nostalgia. The ideas are still fresh. I think remakes are decent but they don't live up to the originals," Nicole Granda ('21) said.

The everlasting freshness and importance of original movies is what people are constantly drawn to. These movies will live on forever in the hearts of people.

REMAKES

HAILEY KROLL
STAFF REPORTER

Remakes are seen as innovations of the original, especially when it comes to Christmas songs and movies. For example, the movie 'A Christmas Carol'. Since the original silent film in 1901, there has been over two dozen remakes. The slow moving original lacks entertainment, but each remake seems even more interesting than the one before.

Movie remakes portray new ideas and themes that create a unique twist from the original. It creates films people are able to relate to more and allows more generations to be enraptured by the story.

"I prefer movie remakes because they can show a different side to a story that may appeal to people of the modern world. The past movies were made to appeal to an audience from that time, and interests can change, so the remakes provide a fresh look at the storyline that viewers today tend to enjoy a bit more," Sofia Mejia-Naccarato ('21) said.

From the time the original movie is made, to when the remake is made, many new technological advances occur which enhance the overall production of the film. The Grinch, for example, there has been two remakes of 'How the Grinch stole Christmas' since the 1996 original cartoon. One was a live

action film and others were cartoons, each movie having better effects than the one before.

"Remakes are better because technology improves over time and that can allow for better graphics. Also, it gives people chances at correcting things the previous movies didn't," Justice Sales ('21) said.

Like movies, covers of Christmas songs are just as creatively different. The original song brings new ideas to the table that covers are able to twist for a unique new song that is festive and relevant. Such as the song 'It's beginning to look a lot like Christmas' by Meredith Wilson, sung by Perry Como in 1951. It was only on the charts at 49 in Britain, but the cover by Michael Bublé topped the charts at number one in America.

"I prefer covers of Christmas songs. I like the personal twist they put on the songs and since I already like the artist, I like the style they have. Some of my favorite artists that cover Christmas songs are Justin Bieber, Taylor Swift and Ariana Grande," Hailey Schneider ('21) said.

The technological advances, room for creativity, and new ideas enhance the original story. Including the new fantasy film "The Grinch" that gives a new view on the original "How the Grinch Stole Christmas" in theaters now.